

# Breastfeeding Classes Twice/month

**EVERY 2ND TUESDAY**

**1800-1930**

**1st floor in the Clinical**

**Assembly Room**

**Sign Up in the OB  
Clinic, ring binder  
in waiting room**

**EVERY 4TH  
WEDNESDAY**

**L&D  
CONFERENCE  
ROOM**

**1700-1830**

Welcome to our Breastfeeding Classes! Classes are instructed by our **Lactation Consultants** who are also available for your personal instruction and support during your hospital stay when baby is born, as well as for questions or concerns after your discharge home. Classes are interactive, support persons are welcome!

Topics discussed includes; Benefits of Breastfeeding; Preparation for Breastfeeding; Breast Changes in Pregnancy; Anatomy and Physiology of Breastfeeding; Positioning and Latch; Frequency and Duration of Feedings; "Signs" that Baby is Getting Enough; Pumping, Storing, and Bottle-feeding Breast Milk

## Instructors

**Maria Modh RN, IBCLC  
Lactation Consultant  
#915-742-4296**

**Julie Cox, RN  
Breastfeeding Educator**

**POC: Maj-Liz Downey, CNM, MSN  
4th floor room 4095  
#915-742-0870**



